

Institute in Human Relations

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With the increasing emphasis on the importance of group therapy in psychiatric treatment, it is necessary for members of the treatment team to learn as much as possible about the dynamics of group therapy. This is particularly true of the occupational therapist who is frequently included in the group therapy programme. I was fortunate in having the opportunity of attending the Eighth Annual Institute in Human Relations, held at Fort Qu'Appelle.

The purposes of the Institute are to help people gain more understanding and skill in working and living with others; to study and practise leadership in small groups; and to look at some of the needs for leadership in the community. We all find it hard at times to work with others—no matter how good our intentions are. At the Institute everyone was put into a small group which met for several hours each day under the leadership of an experienced trainer. Here ability to tolerate and to understand people grows. As well as these small training groups, there were larger group sessions, and lectures in theory followed by group discussion. Evening recreational activities also fostered group feeling.

The methods used at the Saskatchewan Institute are very much the same as those used at the American Institutes. It is considered a laboratory experiment, comparable in many ways to the controlled experiments of physics and medicine. It is a laboratory where people

in action may be observed dispassionately and objectively.

It is of interest to learn how these Institutes came about. The secular youth movements in Europe before the first World War and later the religious youth movement in Canada and the U.S.A. developed the practice of assembling persons at some isolated spot outdoors to search for a clearer and deeper outlook on life. The Canadian and American Adult Education movement developed a pattern of practical problem-solving through informal group discussion in the late twenties and thirties. In Canada the St. Francis Xavier University has pioneered discussion groups as a method of involving farmers, miners and fishermen in the task of improving their lot by their own joint efforts.

Kurt Lewin, a German Experimental Psychologist who came to the U.S.A. about 1933, gave a great boost to the scientific study of what goes on in a group. He made experimental studies of small face to face groups at play, in discussion, and at work. This led to a general theory of how a group works which he called "Group Dynamics". Other social scientists and educators, inspired by Lewin, developed this project during the last ten years. Throughout this time a balance was maintained between education and scientific research. The original Group Development Institutes were held at Bethel, Maine. The

movement has grown, until in 1956, eleven different training institutes were held. Role playing, as used in groups, has been greatly influenced by Dr. Moreno's application of sociodrama to social problems.

In 1949, Saskatchewan opened its own Group Development Centre at Valley Centre in the historic Qu'Appelle Valley. Here in 1956 some fifty persons in-

cluding not only Canadians, but persons from the U.S.A. and from as far away as the Netherlands, came to learn more about human relations.

For the occupational therapist such an experience can be of value not only in the treatment of patients, but also in her contacts with her own staff and students, with other hospital personnel, and in public relations with the community.

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FACULTY OF MEDICINE

DIPLOMA COURSE IN PHYSICAL AND OCCUPATIONAL THERAPY

Content of Course: In accordance with the present day concept of Physical Medicine, a three year course has been designed to provide training which will enable the graduate to use either Physical Therapy or Occupational Therapy or a combination of both in the treatment of patients.

There is an increasing demand in the hospitals of Canada for graduates of such a course.

Arrangements may be made for graduates of an approved school of Occupational or Physical Therapy to enroll as occasional students, in order to further their training.

POST-GRADUATE COURSE FOR INSTRUCTORS IN PHYSICAL OR OCCUPATIONAL THERAPY

This two year course is open to graduates of an approved school of Physical or Occupational Therapy, who have spent at least two years in practice.

It is designed to prepare the graduate therapist to teach Physical or Occupational Therapy; or to take a post as head of a department in a teaching hospital.

The Calendar for these Courses, giving full details, is available from the Secretary, Division of Physical and Occupational Therapy.